



## Transcript from June 22, 2010 to June 23, 2010

All times are Pacific Time

June 22, 2010

- 1:40 am MeganTreida: check out #indyfitchat tomorrow night at 7PM for tips on eating on the run
- 11:24 am lisavielee: Can't wait for your heart-healthy tips Megan! RT @MeganTreida: check out #indyfitchat tomorrow night at 7PM for tips on eating on the run
- 1:53 pm fitcityindy: At your request, we're talking about eating #healthy while on the run. Send us your ?s & look for #indyfitchat 2nite @ 7pm ET. Pls RT
- 2:03 pm eternallizdom: RT @fitcityindy: At your request, we're talking about eating #healthy while on the run. Send us your ?s & look for #indyfitchat 2nite @ 7pm ET. Pls RT
- 5:56 pm HealthyLoserGal: Posting in case anyone wants to join: Tonite at 7pm ET #indyfitchat is about eating on the run, tips for dining out, healthy snacks & more
- 8:39 pm INShapeIndiana: RT @fitcityindy Tonight at 7pm ET #indyfitchat is all about eating on the run, tips for dining out, healthy snacks & more. Be there!
- 10:30 pm kidshealthtips: RT @fitcityindy: We're talking about eating #healthy while on the run. Send us your ?s & look for #indyfitchat 2nite @ 7pm ET. Pls RT
- 10:37 pm eternallizdom: Hey! The @fitcityindy chat is in about 20 minutes!! Join in to chat about eating healthy on the run and out & about! Follow #indyfitchat
- 10:40 pm fitcityindy: You took the words right out of our mouths! RT @eternallizdom: #indyfitchat chat is in 20 mins! Join chat about eating healthy on the run.
- 11:01 pm eternallizdom: Time to Twitter chat!! I wanna learn about eating healthy on the run! #indyfitchat
- 11:01 pm fitcityindy: Welcome @MeganTreida to #indyfitchat! She is a program manager for the Marion County Health Dept. ? the Heart Alive program.
- 11:02 pm fitcityindy: @MeganTreida will share her tips on how to eat out, pack health snacks and limit fat and mindless eating. That?s a jam-packed #indyfitchat!
- 11:03 pm eternallizdom: Mindless eating- definitely one of my demons! #indyfitchat
- 11:03 pm fitcityindy: Welcome @eternallizdom to #indyfitchat! If there are others out there, please introduce yourself and add #indyfitchat so we can all say hi.
- 11:04 pm fitcityindy: Let's not waste any time...Q1: What are some of tips for dining out @MeganTreida? #indyfitchat
- 11:06 pm MeganTreida: a few for appetizers, salad dressin on the side doesn't have to be fat free!#indyfitchat
- 11:08 pm fitcityindy: I'm all about salad dressing on the side - I like dipping! #indyfitchatRT @MeganTreida: salad dressin on the side #indyfitchat
- 11:08 pm fitcityindy: RT @MeganTreida: Just because it?s half price doesn?t mean you HAVE to order it too! #indyfitchat
- 11:09 pm MeganTreida: #indyfitchat Do you have and mindless eating questions?

- 11:10 pm fitcityindy: @eternallizdom I think this was one of your demons, yes? RT @MeganTreida: #indyfitchat Do you have any mindless eating questions?
- 11:10 pm MeganTreida: #indyfitchat A few snacking strategies are to replace the chip clip with at least 6 paper clips
- 11:11 pm MeganTreida: #indyfitchat paperclips are more of a deterrent to an impulse splurge than the chip clip
- 11:12 pm lisavielee: Versatile little things, aren't they? RT @MeganTreida: #indyfitchat paperclips are more of a deterrent to impulse splurge than the chip clip
- 11:12 pm eternallizdom: I've never heard of the paperclip thing... hmmm... #indyfitchat
- 11:12 pm MeganTreida: #indyfitchat Place healthier snack options at eyelevel in the fridge and pantry
- 11:12 pm eternallizdom: I tend to eat at night, after the kids go to bed. #indyfitchat
- 11:14 pm MeganTreida: #indyfitchat TRY to aim more more protein than carb foods late at night. Too many carbs late at night can affect sleep
- 11:15 pm eternallizdom: What's a good protein snack? #indyfitchat
- 11:15 pm MeganTreida: #indyfitchat I.E. string cheese, light yogurt or cottage cheese, slice of turkey or roast beef.
- 11:16 pm fitcityindy: What about peanut butter? RT @MeganTreida: #indyfitchat I.E. string cheese, light yogurt or cottage cheese, slice of turkey or roast beef.
- 11:16 pm MeganTreida: #indyfitchat Try to keep all bags of snacks in the kitchen. Portion out chips, etc. into a bowl instead
- 11:17 pm eternallizdom: I tend to have peanuts around- I have to eat them slow because of the shells. #indyfitchat
- 11:18 pm MeganTreida: #indyfitchat Nuts are FANTASTIC and peanut butter too. This will sate the appetite and it's a healthy fat
- 11:18 pm MeganTreida: #indyfitchat try to grab a handfull of nuts and put THOSE into a small bowl. Just don't eat out of the packaging
- 11:19 pm fitcityindy: RT @MeganTreida: #indyfitchat try to grab a handfull of nuts and put THOSE into a small bowl. Just don't eat out of the packaging
- 11:19 pm MeganTreida: #indyfitchat Rethink your route too. TRY to avoid walking through the kitchen late at night. Too tempting
- 11:20 pm MeganTreida: #indyfitchat Sometimes this is unavoidable but just try.
- 11:20 pm eternallizdom: That's tough- the rethink your route. I have to pass the kitchen to get down the hall to bedrooms! And no door to my kitchen! #indyfitchat
- 11:21 pm fitcityindy: Do you mind if we turn the conversation to restaurant/fast food eating. How can fast food be healthier? #indyfitchat
- 11:22 pm eternallizdom: I'm excited for this topic! This is one I feel like I have a good handle on most of the time! #indyfitchat
- 11:22 pm MeganTreida: #indyfitchat Fast food doesn't have to be bad. Portion control is everything. try to get the kiddie meal
- 11:23 pm MeganTreida: #indyfitchat. Try to get away from the clean plate club too. If you can leave just 6 fries out that will be 100 calories!

- 11:24 pm MeganTreida: #indyfitchat What do you typically get at a fast food restaurant? Or a chain rest.?
- 11:24 pm fitcityindy: Big difference! RT @MeganTreida: #indyfitchat Stay away from the clean plate club. If you leave just 6 fries out that will be 100 calories
- 11:25 pm eternallizdom: I try to avoid the sandwiches and fries altogether. My best strategy is to know the menu before I go. #indyfitchat
- 11:25 pm eternallizdom: I look for raw foods- salad, veggies, fruit. And avoid the snags- fried stuff, empty calories in chips or croutons. #indyfitchat
- 11:26 pm eternallizdom: I know exactly what I can eat at McD's, Wendy's, and other restaurants that my family often chooses. #indyfitchat
- 11:26 pm MeganTreida: #indyfitchat If getting pasta ask for half to be wrapped up BEFORE it comes out to you
- 11:26 pm eternallizdom: I often find fast food easier to navigate than chain sit downs because so much info is available at fast food! #indyfitchat
- 11:27 pm eternallizdom: Wendy's- plain potato and small chili. I like to put the chili on the potato. #indyfitchat
- 11:27 pm fitcityindy: True. RT @MikeMagan: @fitcityindy agree fast food is killing us, but I am ultimately responsible for what I eat. #indyfitchat
- 11:27 pm eternallizdom: McD's- SW chicken salad with grilled chicken, skip the tortilla strips, use all the lime wedge and half the dressing. #indyfitchat
- 11:29 pm MeganTreida: #indyfitchat TRUE, many chains have made it tricky to find their nutrition info which makes me think they are hiding something
- 11:30 pm eternallizdom: @MikeMagan Agreed! Choice is a powerful thing! #indyfitchat
- 11:30 pm lisavielee: But I love the strips! ;- ) RT @eternallizdom: McD's- SW chicken salad, skip the tortilla strips, use lime wedge & 1/2 dressing #indyfitchat
- 11:31 pm eternallizdom: I will look online before I go, I ask for info when I get there. It isn't always available and then I have to be very cautious. #indyfitchat
- 11:31 pm MeganTreida: #indyfitchat Sometimes you will have to email the restaurant for the nutrition info. They will email this to you if it is not posted
- 11:32 pm MeganTreida: #indyfitchat I.e. BW3s emailed me their nutrition info. I now know why they don't post this!
- 11:32 pm eternallizdom: I never thought to e-mail them. I'll try that sometime! #indyfitchat
- 11:33 pm eternallizdom: Chick fil a has a SW chicken salad that's good, too. I use 1/2 the dressing on that too. #indyfitchat
- 11:33 pm fitcityindy: Are there any hints or key words to look for on the restaurant menu to stay healthier at chains? #indyfitchat
- 11:33 pm eternallizdom: For me, it's all education and preparation! I know what I can eat and where and where to avoid. #indyfitchat
- 11:33 pm eternallizdom: @fitcityindy Avoid the word "sauce" or "cheese." Ha!! #indyfitchat
- 11:34 pm MeganTreida: #indyfitchat key words, items flavored with lemon, baked, broiled, steamed are generally better
- 11:36 pm MeganTreida: #indyfitchat Opt for low fat protein-rich foods, such as skinless chicken or turkey breast, fish/shellfish, Limit high fat red meats

- 11:37 pm eternallizdom: I like to know what I can ask for as a sub when I order. No creamy dill sauce with my fish but a side of fresh salsa is great! #indyfitchat
- 11:37 pm MeganTreida: #indyfitchat Opt for condiments like salsa and mustard instead of mayo
- 11:38 pm fitcityindy: Do I need to avoid dessert altogether or is there a way to make that healthier too? #indyfitchat
- 11:38 pm MeganTreida: #indyfitchat And try to avoid fried, sautéed (even veggies). Any soup in a cream base. i.e. French onion, clam chowder.
- 11:39 pm MeganTreida: #indyfitchat NO you don't need to avoid dessert! But make it a special occasion treat
- 11:40 pm MeganTreida: #indyfitchat Try to share desserts or get a sorbet or fruit based dessert and lots of water too!
- 11:41 pm eternallizdom: Great dessert option at Ted's Montana Grill. Strawberry shortcake and you can make it to order if you ask nicely! #indyfitchat
- 11:41 pm MeganTreida: #indyfitchat And just because it's part of a meal deal doesn't mean you have to get the dessert
- 11:41 pm eternallizdom: Instead of 2 cakes, get 1. I like no cakes, extra plain berries and the fresh whipped cream. #indyfitchat
- 11:42 pm fitcityindy: Here's another, what about eating while trucking kids to & from activities? Does anyone else have issues eating on the go? #indyfitchat
- 11:44 pm eternallizdom: I'm also in favor of spending a bit extra \$, effort to eat at places that focus on health like Scotty's Lakehouse (@brewhouse) #indyfitchat
- 11:44 pm MeganTreida: #indyfitchat I keep snacks of trail mix and fruit in a cooler in the trunk
- 11:44 pm MeganTreida: #indyfitchat You want snacks to be accessible but not TOO accessible to avoid mindless eating
- 11:46 pm MeganTreida: #indyfitchat local foods options will generally have a lot more nutrition. They are not buying in bulk as much so less processed foods
- 11:47 pm fitcityindy: How can you keep food fresh? RT @MeganTreida: #indyfitchat local options will generally have more nutrition, less processed foods
- 11:48 pm MeganTreida: #indyfitchat The fridge mostly. Fresher foods don't last as long so don't buy too much at once. Most fruit is best in the fridge
- 11:49 pm MeganTreida: #indyfitchat Also don't wash the produce until just before you are going to eat or cook it
- 11:50 pm lisavielee: Keeps produce fresher, longer. RT @MeganTreida: #indyfitchat Also don't wash the produce until just before you are going to eat or cook it
- 11:50 pm eternallizdom: I get my bin from Farm Fresh Delivery each week and it lasts almost until the next week. #indyfitchat
- 11:50 pm eternallizdom: Lasts in terms of freshness- we tend to have most of it eaten by the time the weekend rolls around! #indyfitchat
- 11:51 pm MeganTreida: #indyfitchat I love Farm Fresh Delivery too! It's best when I remember to log in to customize the bin.
- 11:51 pm JenStringer10: I didn't know that. RT @MeganTreida: #indyfitchat Also don't wash the produce until just before you are going to eat or cook it
- 11:52 pm fitcityindy: We have about 10 minutes left in the #indyfitchat. Any last questions for @MeganTreida?

- 11:53 pm eternallizdom: I look forward to customizing my bin each week! I go to Farmer's Market to get through weekend. #indyfitchat
- 11:53 pm eternallizdom: Anything to say about fat? I'm pro-fat in natural food forms. :) #indyfitchat
- 11:54 pm JenStringer10: Can you trust the nutritional info that's on restaurant menus? #indyfitchat.
- 11:55 pm MeganTreida: #indyfitchat Fat gets a bad wrap. It's essential for absorbing nutrients, brain and nerve function
- 11:56 pm eternallizdom: I agree! I just like hearing it from an expert! #indyfitchat
- 11:56 pm MeganTreida: #indyfitchat Some mono fat suggestions, cooking with olive oils, nuts, peanut butter, avocados and olives are also great fats
- 11:56 pm fitcityindy: RT @MeganTreida: #indyfitchat Fat gets a bad wrap. It's essential for absorbing nutrients, brain and nerve function
- 11:56 pm JenStringer10: RT @MeganTreida #indyfitchat Fat gets a bad wrap. It's essential for absorbing nutrients, brain and nerve function
- 11:57 pm eternallizdom: RT @MeganTreida: #indyfitchat Fat gets a bad wrap. Its essential for absorbing nutrients, brain and nerve function #indyfitchat
- 11:57 pm eternallizdom: What about dairy fat? #indyfitchat
- 11:57 pm MeganTreida: #indyfitchat try to avoid anything called partially hydrogenated or shortening That is a trans fat
- 11:57 pm eternallizdom: RT @MeganTreida: Some mono fat suggestions, cook with olive oils, nuts, peanut butter, avocados and olives are also great fats #indyfitchat
- 11:59 pm MeganTreida: #indyfitchat dairy it great it you are not lactose intol. Cottage cheese is a great dairy AND protein source. Toos some fruit in there

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- MeganTreida: #indyfitchat Try out different brands of yogurt. All yogurt has probiotics (good bacteria) in it. Some just have more added to it.
- fitcityindy: We talked a little about this earlier....RT @JenStringer10: Can you trust the nutritional info that's on restaurant menus? #indyfitchat.
- eternallizdom: I eat cottage cheese for bfkst each morning. Today with a fresh peach. Tomorrow plan with cherries! #indyfitchat
- 12:01 am MeganTreida: #indyfitchat only last fats comment, canola oils are butter are great options too. Be careful about margarines. A lot have have trans fats
- 12:02 am eternallizdom: I agree again! Margarine is the devil! Eat real food! :) #indyfitchat
- 12:02 am fitcityindy: Shoot!, our hour is gone already. Thanks @MeganTreida for some great reminders and new tips about healthy eating #indyfitchat
- 12:03 am MeganTreida: @JenStringer10 I wouldn't rely too heavily on them. Better to assume the worst and be pleasantly surprised later #indyfitchat
- 12:05 am fitcityindy: @MeganTreida gave @fitcityindy some great tips on kids portion sizes - Here is the link. <http://bit.ly/dvmeqv> Check it out. #indyfitchat
- 12:05 am fitcityindy: June has 5 weeks, but we?ll be back on the 2nd Tuesday of July for our next #indyfitchat. More topic details soon!

12:07 am eternallizdom: Thank you @fitcityindy and @MeganTreida for tonight's chat!! #indyfitchat

12:10 am eternallizdom: @fitcityindy July 13 for next chat then? #indyfitchat

12:14 am fitcityindy: @eternallizdom That's the Tuesday! #indyfitchat

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